



# Situational (Selective) Mutism

Cambridgeshire & Peterborough Selective Mutism Pathway

## Introduction to Selective/Situational Mutism

Introduction to Pilot and Pathway

### Next steps

## Situational (Selective) Mutism

#### WANT to speak but are unable to

Become afraid of the act of speaking and people hearing their voice

In time, learn to avoid distress by avoiding speaking

It can go beyond not speaking to include non-verbal communication



## Context of Pathway and updates

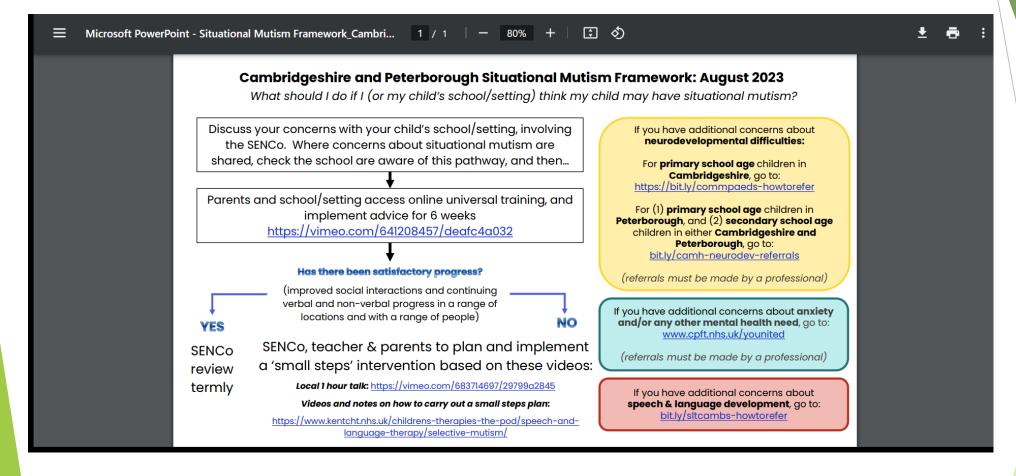
. Original working group was put together 2021/22 with the final meeting of the project group in September 2022.

. The aim of the project was to put together guidance and a framework for Situational (Selective) Mutism. From the project group a framework was created, with the aim to disseminate as widely as possible.

. For everyone working with children and young people to have seen the generic training so that they recognise Situational (Selective) Mutism and are able to appropriately support from the time it is recognised.

. In August 2023, the framework was updated by health and education professionals within Cambridgeshire and Peterborough. In response to feedback received the original flow chart has been adapted and streamlined to ensure that it is easy to follow and offers clear guidance on how to support a child or young person with Situational (Selective) Mutism. Further links have been added to support settings if they have additional concerns.

#### Cambridgeshire and Peterborough Situational (Selective) Mutism Framework



https://healthyschoolscp.org.uk/mental-health-andemotional-well-being/supporting-young-people-withsituational-selective-mutism/

## **Next Steps**

- . Training
- . Hubs
- . Further support
- . Survey